3: Read E-5 (1935-1939) 1960
FR5 Ngoni FR5

generally assumed that everything was 'dirty' which was not hygienically clean. The Ngoni resented this, all the more because of their cultural insistence on decency and order, and on certain forms of external cleanliness.

Their huts, furniture and mats were often infested with ticks and bugs—neither of which the Ngoni liked, regarding them as rather disgusting. The old remedy was to leave the tick-infested site and burn the objects full of bugs. As villages became more stationary and property accumulated in the huts, and became more valuable and expensive, they built strangers' huts for visitors who might otherwise infect their own. Bugs were dealt with by bringing all bedding, mats and bedsteads out into the sun and pouring boiling water on them again and again.

Similarly it was an aesthetic disgust rather than hygiene which made them insist that there should be no spitting or nose-blowing on the floors of huts or verandas. Such actions had to take place outside, and vehement comments were made when a visitor forgot his manners in this way. An ingenious tiny iron spoon with a long handle was used by the older Ngoni for cleaning the ears and nose.

Perhaps nothing showed the Ngoni pleasure in and desire for cleanliness so clearly as the quick and apt excuses made when standards were obviously in temporary abeyance. There was no doubt that young men and girls liked looking clean and well-groomed. The daily wash in the river with soapy leaves, followed by rubbing on fat or oil made the skin glisten. We have talked already about the use of twigs as tooth-brushes, the rinsing of the mouth before and after meals, and the use of astringent fruit to make the mouth feel clean.

The same scrupulous attitude about cleanliness was seen in the washing of dishes, spoons and cooking-pots after each meal. It was almost as if the standard of housewifery was proclaimed by the sight of food baskets, gourds, spoons, etc., spread on the platform outside the hut to dry. Washing up